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What's in It? the Busy Cooks Diet and Nutrition Guide to the Silver Palate Cookbook

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What's in It? the Busy Cooks Diet and Nutrition Guide to the Silver Palate Cookbook Not Available *The Busy Cook's Diet and Nutrition Guide to The Silver Palate Cookbooks* provides per-serving nutrition facts for calories, protein, carbohydrates, total fat, saturated fat, sodium, cholesterol, and diabetic exchanges for each of the recipes in *The Silver Palate Cookbook*. This nutrition reference guide is meant to be used along with *The Silver Palate Cookbook*, copyright B) 1982 by Julee Rosso and Sheila Lukins. The recipes from this cookbook are NOT included in this guide.

The secret to happy, healthy eating lies in three words: balance, moderation, and variety. And knowing what is in the food you eat puts you in control of all three. The *WHAT'S IN IT?* nutrition guide enables and encourages the health-minded cook to use the recipes in this classic cookbook to his or her heart's content - and health. Armed with accurate, nutrition facts, you can cook any recipe you choose with a free mind, planning your overall menu and daily total consumption with balance and moderation as your goal. No food is, by definition, "bad" food - a thoughtfully planned, well-balanced diet can include any food, and all recipes. Boeuf a la Bourguignonne, a cheese omelet, a slice of chocolate cake - savor them all without qualms. When you know how many calories and fat each contains, you can balance and moderate the rest of the food you eat during the course of a meal, a day, or a week. The *WHAT'S IN IT?* guide gives you the ability to build a meal around any enticing recipe, whatever its nutritional components, and still keep carbohydrates, protein, and fat in a safe, healthy balance - and keep down calories. And if you go overboard one day, the data in the *WHAT'S IN IT?* guide will help you make up for it the next.

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Rigoberto Hamilton:

A lot of people always spent their very own free time to vacation or even go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a reserve. The book What's in It? the Busy Cooks Diet and Nutrition Guide to the Silver Palate Cookbook it is quite good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book possesses high quality.

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